

# Personal Advocacy Goals

Use this worksheet to begin to plan your advocacy activity. It can be used in conjunction with the Personal Stocktake worksheet or on its own to sort out your personal advocacy goals. State them clearly, work out the resources available to you and make sure the two merge together.

## Where has my desire to undertake advocacy activity come from?

Make some notes as a reminder of why you are doing it (for example, because of what happened to me when I was admitted to hospital)

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## What do I want to achieve through advocacy?

List the most important rights issues, injustices, inequities of concern to you (for example, increased respect by service providers)

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## What personal barriers do I put in the way?

(for example, I always say, 'I can't do it', when I know with support that I can)

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**What boundaries am I going to set on personal disclosure?**

List the conditions under which you may or may not be fully open about your background (for example, I am not prepared to discuss my personal abuse background in an open forum)

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**What limits am I going to set on my activity? What am I definitely not going to do? How much time am I prepared to give?**

State the actual amount of time per day/week/year or other time limits (for example, until the end of the year, until this project is finished) that you are prepared to give to organised advocacy

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**What physical resources do I have?**

List those material things that might add value to your advocacy activity (for example, access to a photocopier, fax, my own car)

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